

Roma Khetarpal

Author of The “Perfect” Parent, Founder/ CEO of Tools of Growth, and Educator

Roma Khetarpal is the author of *The “Perfect” Parent: 5 Tools for Using Your Inner Perfection to Connect with Your Kids* and the founder of Tools of Growth, through which she helps parents raise kids to “Be Happy, Think Positive, and Do Good.” The book is the recipient of the Silver Nautilus Book Award, the National Parenting Publications Awards (NAPPA) Gold Award, as well as the Parents’ Choice Award and the Mom’s Choice Gold Award. She is also a frequent contributor to parenting and other blogs.

Roma is a Trained Mindfulness Educator through the UCLA Mindfulness Awareness Research Center (MARC) of the Semel Institute for Neuroscience and Human Behavior, with a focus on mindful parenting and school staff. She is also a Certified Mindfulness Teacher—Professional Level, International Mindfulness Teachers Association.

Through her book, parenting classes, community outreach, online and in-person meditation and mindfulness workshops, and the TOG blog, Roma provides parents and other caregivers with simple, easy-to-remember, and effective communication tools that help them build a strong foundation and relationship with themselves and their children. By synthesizing the themes and concepts of the personal growth, mindfulness, and emotional intelligence fields, along with cutting-edge research, Khetarpal delivers her message in an accessible, reassuring, and empowering way.

Khetarpal is the originator of a groundbreaking school program—The Mindful Leaders’ Program—for school classified staff and other similar groups. Growing fast and in high demand, this program, which grew out of her book, has currently impacted over 40,000 children in both the public and private sectors.

She also leads live online workshops for parents, school staff, and corporate groups on dealing with current and pandemic-related challenges to mental health and well-being—especially for our children.

She is a member of the Board of Directors for the Santa Clarita Valley Education Foundation, an organization providing support, programs and leadership for K-12 public school education. Khetarpal also serves on the Board of Directors at AM-Touch Dental, where she previously served for 20 years as Vice President of Sales and Marketing and where she currently teaches employee relations classes. She is also working on a line of children’s products that will promote self-understanding and emotional intelligence. She lives in the Los Angeles area with her husband, Harry. They are the proud parents of two adult children, Nitasha and Navin.